



Alabama Preventing and Reducing Obesity: Helping to Engage Alabamians for Long-term Health

Alabama Preventing and Reducing Obesity: Helping to Engage Alabamians for Long-term Health (ALProHealth) aims to prevent and reduce obesity by supporting community coalitions that focus on health and wellness in 14 Alabama counties with adult obesity rates of greater than 40 percent. ALProHealth engages with community coalitions to implement and evaluate strategies to decrease obesity. The three-year goal of ALProHealth is to increase healthy behaviors by igniting grassroot behavioral, environmental, system, and policy changes.

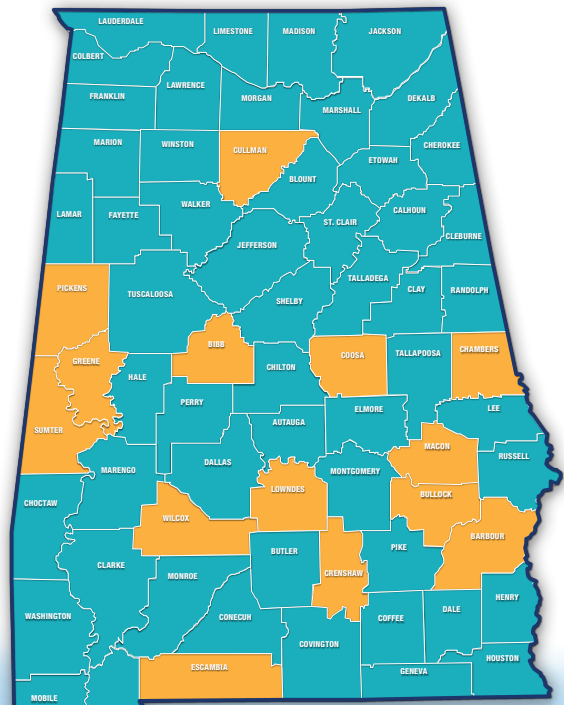
Year 1: September 2014 – 2015

County Teams: County Extension Coordinators, Nutrition Regional Extension Agents, SNAP-Ed Educators, Community Members, State and Local Partners

Counties: Barbour, Bibb, Bullock, Chambers, Coosa, Crenshaw, Cullman, Escambia, Greene, Lowndes, Macon, Pickens, Sumter, and Wilcox

Year 1 Objectives:

- Establish coalitions that focus on community-wide practices supporting healthy behaviors
- Conduct county needs assessments
- Provide Body Quest, a childhood obesity prevention education initiative in schools
- Establish farmers markets
- Revitalize city parks
- Enhance walking trails with exercise equipment, lights, fences, and seating
- Enhance community gyms with updated exercise equipment



ALProHealth

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Community Needs Assessments Conducted

Extension Education Healthy Behaviors (Strategy 1)

- One of the main concerns among many coalitions was that people did not know how to cook or how to cook healthy food. Increased nutrition education is important to improve healthy choices.

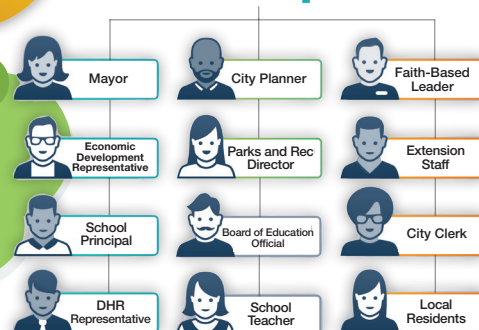


Food Retail (Strategy 2)

- Many communities have limited options for healthy food: 3 out of 14 communities don't have a grocery store; 7 out of 14 have two or fewer grocery stores. Coalition members stated their communities did not have access to a variety of healthy foods, or in some cases, any healthy foods at all. They would drive out of town to other nearby communities to shop. The cost of fresh produce and other healthy items also was perceived as a barrier.
- Many communities identified the ease of eating fast food for dinner as opposed to cooking.



Community Coalitions Developed



Community Work Plans Developed

- Build new walking/ biking trails
- Add fitness and exercise equipment to walking trails
- Add playground equipment to parks
- Add water fountains to parks
- Enhance safety of parks (fences, lights)
- Establish a farmers market
- Provide grocery stores and convenience stores with display stands for produce (to market healthier foods)
- Provide nutrition education classes (diabetes education classes, Body Quest)



Physical Activity (Strategy 3)

- Some communities felt enhancing a local park would provide people with a better opportunity to participate in physical activity. These enhancements include adding lights or fencing for safety, adding playground equipment and outdoor fitness equipment, and in some instances, creating a new walking/biking path.



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